

*Quitting smoking is one
of the best things you
can do for yourself
and your baby*



Steps for Quitting

1. Talk with your HANDS coordinator.
2. Make a plan to quit.
3. Choose a quit date.
4. Keep a log of when you smoke.
5. Find your triggers to smoking and learn how you can respond without smoking.

Tips for quitting

Change your routine:

- Stop buying cigarettes in a carton.
- Delay your first cigarette of the day.
- Don't smoke at the times you usually do.
- Don't smoke in the house.

Plan a reward for 30, 60 and 90 days not smoking.

Think of some new ways to manage stress without cigarettes.

Talk with friends who smoke on the phone - not in person. Ask them not to smoke around you.

Some challenges you may face:

- being around other smokers
- stress
- your addiction to nicotine
- fear of withdrawal
- worries about weight gain
- lack of confidence

**YOU
CAN
DO IT!**

**For you and your baby –
please don't smoke!**

**To get help with quitting call
1-800-QUIT NOW (1-800-784-8669)**

